

GOBIND MARG

**THE MONTHLY BULLETIN OF
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW**

DECEMBER 2021 – VOL XXVIII ISSUE 12



At this time of the year as we wrap up to fight the winter cold, our thoughts turn to Mata Gujran ji, grandmother of Baba Zorawar Singh ji (age 8) and Baba Fateh Singh ji (age 6), Guru Gobind Singh ji's younger Sahibzadeh, who endured the bitter cold of the open tower Thanda Burj, where the innocents were imprisoned for the 'crime' of not renouncing Sikhi and refusing to adopt the faith of their Mughal captors. Their torture lasted for several days and nights, leading to the most cruel martyrdom on the 26th December 1704.



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday
(Excluding Tuesdays)**

AM

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

Tuesdays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Please Note

During the restricted services of the Gurdwara these services are currently suspended.

The current Gurdwara programme appears on page 5.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD

Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

Enquiries: **020 8577 2793** Email: khalsa@sgss.org Website: www.sgss.org

December 2021

Important Days	Event	Nanakshahi Calendar Days	
		Dec ਮੱਘਰ/ ਪੋਹ	Jan ਪੋਹ/ ਮਾਘ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	15	14
Massia (ਮੱਸਿਆ)	No Moon (Dark Night)	4	2
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	19	17
Avtar, Parkash, Guruship, Gurpurb, Shahidi, Jyoti Jot/Barsi			
Guru Gobind Singh ji	Avtar		9
Historical Dates & Events			
Sahibzada Fateh Singh ji	Birthday	12	
Sahibzada Ajit Singh ji	Shahidi (Chamkaur)	21	
Sahibzada Jujhar Singh ji	Shahidi (Chamkaur)	21	
Sahibzada Zorawar Singh ji	Shahidi (Sirhind)	26	
Sahibzada Fateh Singh ji	Shahidi (Sirhind)	26	
Mata Gujar Kaur ji	Jyoti Jot (Sirhind)	26	
Sardar Shahid Udham Singh ji	Birthday	26	
Sachkhand Sri Harmandar Sahib	Neeh Pathar		14
Chabiyan da Morcha	Return of the 53 keys of Harmandar Sahib Treasury		20
Baba Deep Singh ji	Birthday		27

Dear Sangat Jee – WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh

With the recent emergence of yet another Covid mutant Omicron and whilst the authorities explore its threats, we continue to request everyone to follow the guidelines issued by the authorities. We, as a Humanitarian charity will continue to support both the sangat and the authorities.

As the year approaches its end, we are reminded of the of the ultimate sacrifices of Guru Gobind Singh Ji's mother (Mata Gujari Kaur) and Guru Sahib's four *Sahibzade* (Baba Ajit Singh, Baba Jujhar Singh, Baba Zorawar Singh and Baba Jujhar Singh). We will echo their history, details of which will be published soon on our website www.sgss.org.

During November, we celebrated the 552nd Birth anniversary of Guru Nanak Dev Ji; dignitaries who attended the occasion included Lord and Lady Singh of Wimbledon, Deputy Mayor of London Debbie Weekes-Bernard, MPs Ruth Cadbury & Seema Malhotra, many Hounslow Councillors and leaders of other Faiths. The Gurdwara 'Contingency Planning Team' took the opportunity to present the Gurdwara's vision for and threats of developments on the adjoining land, with well researched and insightful points. This is in view of being escalated to higher authorities at the City Hall and Parliament.

The Gurdwara has also submitted a strong objection to the Council regarding the development of the 'residential' units on its doorstep. We strongly request everyone to make their voices heard loud and clear, to ensure that our sanctuary Gurdwara continues to thrive and that its congregations continue to enjoy their Gurdwara functions in privacy from outside onlookers. Kindly submit your objections by:

- ❖ Signing the Petition – In-house forms available & Online (QR code, link provided)
This is to demonstrate that the 'misuse' of the site by developing 5-storey flats on the land could ultimately lead to the closure of iconic Gurdwara.
- ❖ Writing to your local Councillors with your complaints.



<http://chng.it/chkbPM5QXK>

We also seek great support from the sangat and the local communities to help us raise funds to secure the land to benefit the Sangat

- **By Cheque:** Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to
Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD
- **Online:** Donations can be made online at www.sgss.or/donate
- **BACS:** Barclays Bank, Sort code 20 96 55 – Account 00859095

Health & Safety: Please ensure you follow the Government & Gurdwara guidelines as well as any instructions from the official sewadars to keep everyone safe.

Bookings: To enable us to continue supporting the sangat whilst remaining compliant with the Government Guidelines, we are happy to discuss your needs. During November, services performed were:

- | | |
|------------------------------|----|
| • Weddings | 4 |
| • Sukhmani Sahib Path/Kirtan | 19 |
| • Sehaj Path/Akhand Path | 14 |
| • Funerals | 5 |
| • School Visits | 3 |

Opening Times: The Gurdwara will remain open 7:00am and 7:00pm daily.

Matrimonial Office: 10:00am-1:00pm Daily – Contactable via email marriages@sgss.org

Main Office: 10:00am-5:00pm Daily

Show Your Gratitude: Please donate to the Gurdwara to help run the Sangat services:

By Cheque: Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to
Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD

Online: Donations can be made online at www.sgss.or/donate

Lest we forget.. Pioneers of the Gurdwara



Sitting L to R Master Ranjit Singh, S. Mohinder Singh Lall (Architect, Designer of Gurdwara Main Building), Gurcharan Singh Gujral, Surjit Singh Gupta, Ranjit Singh Rihal

Standing L to R Abnash Singh Gujrab, _____, Amrik Singh Rana, _____, Piara Singh Aulakh



PROGRAMME from 17 May 2021

Mon-Sat - Exc Tue - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:45	Katha
11:30	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Tuesday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:30	Katha
11:30	Sukhmani Sahib Paath
12:15	Ladies Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Sunday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
8:00	*AP SPB SS
9:00	Kirtan
9:45	Ardaas
10:00	Youth Kirtan
11:00	Kirtan
12:00	Katha
1:00	Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

***AP SPB SS** – Akhand Path or Sehaj Paath Bhog of Sukhmani Sahib

Please ensure the Government & Gurdwara Guidelines are followed

The *Benti Chaupai* is a *bani* taken from the **Dasam Granth**. It is written in quatrains (groups of four verses, hence the name Chau+pai). Within the Rehras Sahib paath the first 25 quatrains are included in the *Nitnem* (daily prayer) *Gutkas*, as per the *Sikh Rehat Maryada*. At the start of the bani, in all *Gutkas*, has been written Patshahi 10, to convey the bani as a composition of Guru Gobind Singh ji.

The tone of this bani is that of a martial prayer, in consonance with the widely used salutation **‘Waheguru ji ki Fateh’**; it became a popular form of greeting after the tenth Nanak had created the Khalsa at Anandpur Sahib on Baisakhi day, 1699. It indicates that in all our worldly or spiritual battles, victory comes with the grace of Waheguru. This month we continue with the next five quatrains.

Line	ੴ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਿਹ ॥	Glossary	Contextual Meaning
1	ਜੇ ਅਸਿਧੁਜ ਤਵ ਸਰਨੀ ਪਰੇ ॥	ਜੇ, ਅਸਿਧੁਜ, ਤਵ	Those beings, Prabhu whose banner has Sword sign, Your
2	ਤਿਨ ਕੇ ਦੁਸਟ ਦੁਖਿਤ ਹੈ ਮਰੇ ॥	ਦੁਸਟ, ਦੁਖਿਤ	Enemies, In pain
3	ਪੁਰਖ ਜਵਨ ਪਗੁ ਪਰੇ ਤਿਹਾਰੇ ॥		
4	ਤਿਨ ਕੇ ਤੁਮ ਸੰਕਟ ਸਭ ਟਾਰੇ ॥੩੯੭॥	ਸੰਕਟ	Danger or troubles
5	ਜੇ ਕਲਿ ਕੋ ਇਕ ਬਾਰ ਧਿਐਹੈ ॥	ਕਲਿ	Waheguru
6	ਤਾ ਕੇ ਕਾਲ ਨਿਕਟਿ ਨਹਿ ਐਹੈ ॥	ਕਾਲ, ਨਿਕਟਿ	Death, Near
7	ਰਛਾ ਹੋਇ ਤਾਹਿ ਸਭ ਕਾਲਾ ॥		
8	ਦੁਸਟ ਅਰਿਸਟ ਟਰੇਂ ਤਤਕਾਲਾ ॥੩੯੮॥	ਅਰਿਸਟ, ਟਰੇਂ, ਤਤਕਾਲ	Trouble, Averted, Instantly
9	ਕ੍ਰਿਪਾ ਦ੍ਰਿਸਟਿ ਤਨ ਜਾਹਿ ਨਿਹਰਿਹੇ ॥	ਕ੍ਰਿਪਾ ਦ੍ਰਿਸਟਿ, ਨਿਹਰਿਹੇ	Benevolent glance, Watch
10	ਤਾ ਕੇ ਤਾਪ ਤਨਕ ਮੇ ਹਰਿਹੇ ॥	ਤਨਕ ਮੇ	In a moment
11	ਰਿਧਿ ਸਿਧਿ ਘਰ ਮੇ ਸਭ ਹੋਈ ॥	ਰਿਧਿ ਸਿਧਿ	Adept practices and powers
12	ਦੁਸਟ ਛਾਹ ਛੈ ਸਕੈ ਨ ਕੋਈ ॥੩੯੯॥	ਦੁਸਟ ਛਾਹ	Shadow of trouble or evil
13	ਏਕ ਬਾਰ ਜਿਨ ਤੁਮੈ ਸੰਭਾਰਾ ॥	ਸੰਭਾਰਾ	Contemplate
14	ਕਾਲ ਫਾਸ ਤੇ ਤਾਹਿ ਉਬਾਰਾ ॥	ਕਾਲ ਫਾਸ, ਉਬਾਰਾ	Noose of death, Uplifted
15	ਜਿਨ ਨਰ ਨਾਮ ਤਿਹਾਰੇ ਕਹਾ ॥		
16	ਦਾਰਿਦ ਦੁਸਟ ਦੇਖ ਤੇ ਰਹਾ ॥੪੦੦॥	ਦਾਰਿਦ	Poverty or misery
17	ਖੜਗ ਕੇਤ ਮੈ ਸਰਣਿ ਤਿਹਾਰੀ ॥	ਖੜਗ ਕੇਤ	Sword banner
18	ਆਪੁ ਹਾਥ ਦੈ ਲੇਹੁ ਉਬਾਰੀ ॥	ਉਬਾਰੀ	Save or uplift
19	ਸਰਬ ਠੌਰ ਮੇ ਹੋਹੁ ਸਹਾਈ ॥	ਠੌਰ	Place or situation
20	ਦੁਸਟ ਦੇਖ ਤੇ ਲੇਹੁ ਬਚਾਈ ॥੪੦੧॥		

ਪੰਜਾਬੀ ਅਰਥ

Lines 1-4: ਹੇ ਅਕਾਲ ਪੁਰਖ! ਜਿਹੜੇ ਪੁਰਸ਼ ਤੇਰੀ ਸ਼ਰਨ ਆ ਪਏ ਹਨ, ਉਨ੍ਹਾਂ ਦੇ ਵੈਰੀ ਦੁਖੀ ਹੋ ਕੇ ਮਰ ਗਏ ਹਨ। ਜਿਹੜੇ ਬੰਦੇ ਤੁਹਾਡੀ ਚਰਨੀ ਆ ਪਏ ਹਨ, ਤੁਸਾਂ ਉਨ੍ਹਾਂ ਦੇ ਸਾਰੇ ਦੁਖ ਕਲੇਸ ਦੂਰ ਕਰ ਦਿਤੇ ਹਨ।

Lines 5-8: ਜਿਹੜੇ ਪੁਰਸ਼ ਅਕਾਲ ਪੁਰਖ ਨੂੰ ਇਕ ਵੇਰ ਧਿਆਉਂਦੇ ਹਨ, ਮੌਤ ਉਨ੍ਹਾਂ ਦੇ ਨੇੜੇ ਨਹੀਂ ਆਉਂਦੀ। ਉਨ੍ਹਾਂ ਦੀ ਹਰ ਸਮੇਂ ਰਖਿਆ ਹੁੰਦੀ ਹੈ। ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਵੈਰੀ ਤੇ ਮੁਸੀ ਤਤਾਂ ਸਭ ਦੂਰ ਹੋ ਜਾਂਦੀਆਂ ਹਨ।

Lines 9-12: ਜਿਸ ਨੂੰ ਤੁਸੀਂ ਮਿਹਰ ਦੀ ਨਜ਼ਰ ਨਾਲ ਵੇਖਦੇ ਹੋ, ਉਸ ਦੇ ਦੁਖ ਇਕ ਛਿਨ ਵਿਚ ਨਾਸ਼ ਕਰ ਦੇਂਦੇ ਹੋ। ਫਿਰ ਉਸ ਦੇ ਘਰ ਵਿਚ ਹਰ ਤਰ੍ਹਾਂ ਦਾ ਧਨ ਪਦਾਰਥ ਹੋ ਜਾਂਦਾ ਹੈ ਅਤੇ ਉਸ ਨੂੰ ਹਰ ਪਰਕਾਰ ਦੀ ਸਫਲਤਾ ਤੇ ਤਾਕਤ ਪਰਾਪਤ ਹੋ ਜਾਂਦੀ ਹੈ। ਵੈਰੀ ਉਸ ਦੇ ਪਰਛਾਵੇਂ ਨੂੰ ਵੀ ਨਹੀਂ ਛੋਹ ਸਕਦਾ।

Lines 13-16: ਜਿਸ ਪੁਰਸ਼ ਨੇ ਤੁਹਾਨੂੰ ਇਕ ਵਾਰ ਵੀ ਧਿਆਇਆ ਹੈ ਉਸ ਨੂੰ ਤੁਸਾਂ ਮੌਤ ਦੀ ਫਾਹੀ ਤੋਂ ਬਚਾ ਲਿਆ ਹੈ। ਜਿਸ ਪੁਰਸ਼ ਨੇ ਤੁਹਾਡਾ ਨਾਮ ਮੂੰਹੋਂ ਕਿਹਾ ਹੈ, ਉਹ ਕੰਗਾਲੀ ਵੈਰੀਆਂ ਤੇ ਪਾਪਾਂ ਤੋਂ ਬਚ ਗਿਆ ਹੈ।

Lines 17-20: ਹੇ ਅਕਾਲ ਪੁਰਖ! ਮੈਂ ਤੁਹਾਡੀ ਸ਼ਰਨ ਪਿਆ ਹਾਂ, ਮੈਨੂੰ ਆਪਣਾ ਹੱਥ ਦੇ ਕੇ ਬਚਾ ਲਵੋ। ਸਭ ਥਾਈਂ ਮੇਰੀ ਸਹਾਇਤਾ ਕਰੋ ਅਤੇ ਸਭ ਵੈਰੀਆਂ ਤੇ ਪਾਪਾਂ ਤੇ ਮੈਨੂੰ ਬਚਾ ਲਵੋ।

English Rendition

Lines 1-4: O Waheguru! Those persons who seek Your shelter, their enemies meet a miserable death. Those who fall at Your feet, You have removed all their suffering and troubles.

Lines 5-8: Those who meditate upon You, though just once, cannot be approached by death. All of them get protection forever; their troubles and enemies will finish instantaneously.

Lines 9-12: Those upon whom Waheguru casts His favourable glance, become free from troubles instantaneously. Such persons possess all worldly and spiritual treasures, while they remain in their homes. Enemies cannot touch even their shadow.

Lines 13-16: One who remembers You, though just once, will be protected from the noose of death. One who repeats Your Naam, will be relieved from poverty and saved from attacks of foes.

Lines 17-20: I seek the shelter of Waheguru, who has the sword on His Banner. O Datta, give me Your own Hand and protect me. O Prabhu, kindly become my Helper at all places. Protect me from foes and evil doers.

The siege of Anand Pur Sahib by the Mughal forces continued for about eight months. Food supplies were totally cut off and nothing could be brought in from outside. The Sikhs and the animals like horses and elephants began to starve and were dying. Some starving and desperate Sikhs began thinking of deserting Guru Gobind Singh ji and leaving the fort. Guru Sahib did not want to move but under the pressure of five Khalsa Sikhs and persuasion by Mata ji, Guru ji decided it was time to change strategy and move on.

After obtaining word under oath from the surrounding forces (who were themselves desperate) that the leaving forces would not be attacked, Guru Sahib along with all his four sons, Mata Sahib Kaur ji, Mata Sundri ji, Mata Gujri ji and all the Sikhs, Guru Sahib left on 20th December 1704 and moved towards Roper, now Roopnagar. The Mughal forces, forgetting all their promises and assurances of a safe conduct, attacked from behind.

It was a dark, rainy and severely cold December night. While crossing the flooded river Sarsa, a heavy fight took place. In this battle many brave Sikhs including Bhai Udai Singh were martyred. Gurdwara Parvaar Vichhora stands today at this spot as a memorial to the martyrs.

During the battle, not helped by the darkness and rain, the family got dispersed. Mata Sundri Ji and Mata Sahib Kaur ji went towards Dehli with Bhai Mani Singh. Mata Gujri ji with the two younger sahibzadeh happened to meet Gangu, an erstwhile family cook (ਪੁਰਾਣਾ ਰਸੋਈਆ) who took them to his village Saheri/Kheri. Guru Gobind Singh ji after staying one night at Ropar, reached Chamkaur Sahib the next day. He took shelter in a mud fortress of Bhai Bhudi Chand and decided to face the Mughal army there.

Next morning the most strange and unequal battle took place. On one side was royal army of over *das lakh* (ten hundred-thousand) in number equipped with the most modern and effective weapons and on the other side Guru ji had only forty starving and tired Sikhs with old rusty weapons. It is worth mentioning that not a single person gave up courage and all were in *charhdi kala*. They fought right up to the end and gave their lives.



The Mughal army attacked the mud fortress but Guru ji showered his deadly arrows and pushed them back. At last they attacked from all the three sides. Guru ji, too, faced them in three directions. Mighty generals of the Mughal army, named Nahar Khan and Gairrat Khan got killed. Then the army attacked the main gate and the Sikhs tried to face them

in batches of five and save the main entrance but batches of five could no way repulse the enemy. Judging the seriousness of the situation, guru ji decided to fight himself till finish. The Sikhs suggested that Guru ji should take the sahibzadeh and family and leave the fort. Guru ji said, "Which Sahibzadeh are you talking about? You are all my Sahibzadeh." The Sikhs respectfully maintained their silence.

Shahidi Baba Ajit Singh Ji

At this juncture, Baba Ajit Singh, Guru sahib's eldest son and now a young man of nearly nineteen, expressed his desire to go out and fight. Guru ji granted permission. He sent Bhai Mohkam Singh, Bhai Ishar Singh, Bhai Lal Singh and Bhai Kesar Singh with him. Baba Ajit Singh shot his deadly arrows with such accuracy and speed that the enemy sought safety in Allah's name.

When his arrows finished, the enemy surrounded him. Then Baba ji attacked with his lance which broke after a while. Then he pulled his sword and carried on fighting. A Mughal threw his lance at him. He escaped but his horse was killed. Baba ji then fought on foot; he was finally martyred fighting. All the Sikhs were killed. Guru Gobind Singh ji saw his son fallen. He raised a Jakara and thanked Waheguru.

Shahidi Baba Jujhar Singh ji

Seeing his elder brother falling, Baba Jujhar Singh presented himself to go for fighting. Guru ji allowed him. He sent Bhai Himmat Singh and Bhai Sahib Singh (*Panj Piaray*) and three others with him. Baba Jujhar Singh was around fourteen years old.

As soon as they emerged, Mughal army which was in high spirits, pounced upon them. Guru ji started a deluge of arrows and the army retreated a bit. The group went a bit further. Baba ji killed many soldiers of Mughal army but how long could five persons survive in the situation? While fighting Baba ji got entangled with a group and ultimately fell martyred never to get up again. This happened on the afternoon of 22 December 1704. Guru ji saw his son dying and thanked Almighty, saying:

" ਆਜ ਖਾਲਸਾ ਖਾਸ ਭਯੋ ਹੈ ਸਤਗੁਰ ਕੇ ਦਰਬਾਰ ।"

The same fateful week saw the cruel martyrdom of the younger Sahibzadeh:

ਛੋਟੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀ ਸ਼ਹੀਦੀ।

Jagtar Singh Thethi

ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ੫/੬ ਦਿਸੰਬਰ ੧੭੦੪ ਨੂੰ ਆਨੰਦ ਪੁਰ ਸਾਹਿਬ ਛੱਡਿਆ। ਇਹ ਰਾਤ ਹਨੇਰੀ ਅਤੇ ਬਹੁਤ ਠੰਡੀ ਸੀ ਅਤੇ ਜ਼ੋਰ ਦਾ ਮੀਂਹ ਪੈ ਰਿਹਾ ਸੀ। ਪਿੱਛੇ ਸ਼ਾਹੀ ਫੌਜ ਮਾਰੇ ਮਾਰ ਕਰਦੀ ਆ ਰਹੀ ਸੀ। ਸਰਸਾ ਨਦੀ ਨੂੰ ਪਾਰ ਕਰਨ ਲੱਗਿਆਂ ਘਮਾਸਾਨ ਦਾ ਯੁੱਧ ਹੋਇਆ। ਇਸ ਯੁੱਧ ਵਿਚ ਜਾਨੀ ਨੁਕਸਾਨ ਦੇ ਨਾਲ ਗੁਰੂ ਸਾਹਿਬ ਦੀਆਂ ਕੀਮਤੀ ਲਿਖਤਾਂ ਭੀ ਗਈਆਂ। ਇਸ ਲੜਾਈ ਵਿਚਕਾਰ ਹੀ ਗੁਰੂ ਪਰਵਾਰ ਵਿੱਛੜ ਗਿਆ। ਮਾਤਾ ਸੁੰਦਰੀ ਜੀ ਤੇ ਮਾਤਾ ਸਾਹਿਬ ਕੌਰ ਜੀ ਭਾਈ ਮਨੀ ਸਿੰਘ ਜੀ ਨਾਲ ਦਿੱਲੀ ਨੂੰ ਚਲ ਪਏ। ਗੁਰੂ ਸਾਹਿਬ, ਦੋਨੋ ਵਡੇ ਸਾਹਿਬਜ਼ਾਦੇ ਤੇ ਸਾਰੇ ਸਿੱਖ ਰੋਪੜ / ਰੂਪਨਗਰ ਵੱਲ ਚਲੇ ਗਏ। ਮਾਤਾ ਗੁਜਰੀ ਜੀ ਤੇ ਛੋਟੇ ਦੋਨੋ ਸਾਹਿਬਜ਼ਾਦੇ ਜਾ ਰਹੇ ਸਨ, ਕਿ ਇਹਨਾਂ ਦਾ ਪੂਰਾਣਾ ਰਸੋਈਆ, ਗੰਗੂ ਬਰਾਹਮਣ ਮਿਲਿਆ ਜੋ ਇਹਨਾਂ ਨੂੰ ਆਪਣੇ ਨਾਲ ਆਪਣੇ ਪਿੰਡ ਖੇੜੀ ਲੈ ਗਿਆ।

ਥੱਕੇ ਹੋਣ ਕਰਕੇ ਤਿਨੇ ਹੀ ਛੇਤੀ ਸੌਂ ਗਏ। ਰਾਤ ਨੂੰ ਗੰਗੂ ਨੇ ਲਾਲਚ ਵੱਸ ਹੋ ਕੇ ਸੋਨੇ ਦੀਆਂ ਮੋਹਰਾਂ ਤੇ ਹੋਰ ਕੀਮਤੀ ਸਾਮਾਨ ਚੋਰੀ ਕਰ ਲਿਆ ਤੇ ਸਵੇਰੇ ਜਦੋਂ ਮਾਤਾ ਜੀ ਨੇ ਪੁੱਛਿਆ ਤਾਂ ਮੁਰੰਡੇ ਕੋਤਵਾਲੀ ਵਿਚ ਇਤਲਾਹ ਦੇ ਆਇਆ ਕਿ ਗੁਰੂ ਜੀ ਦੇ ਮਾਤਾ ਜੀ ਤੇ ੨ ਬੱਚੇ ਉਸਦੇ ਘਰ ਹਨ। ਸਪਾਹੀਆਂ ਨੇ ਆਕੇ, ਤਿੰਨਾਂ ਨੂੰ ਹੀ ਪਕੜ ਕੇ ਸਰਹੰਦ ਪੁਚਾ ਦਿੱਤਾ। ਇਕ ਦਿਨ ਬੱਸੀ ਠਾਣੇ ਵਿਚ ਰੱਖ ਕੇ ਅਗਲੇ ਦਿਨ ਠੰਡੇ ਬੁਰਜ ਵਿਚ ਕੈਦ ਕਰ ਦਿੱਤਾ ਜਿਥੇ ਉਹਨਾਂ ਨੂੰ ਠੰਡੀਆਂ ਹਵਾਵਾਂ ਤੇ ਦਿਸੰਬਰ ਦੇ ਬਹੁਤ ਠੰਡੇ ਦਿਨ, ਰਾਤ ਸਹਿਨ ਕਰਨੇ ਪਏ। ਬੱਚੇ ਦਾਦੀ ਜੀ ਪਾਸੋਂ ਸਿੱਖ ਇਤਹਾਸ ਵਿੱਚੋਂ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਅਤੇ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਬਾਰੇ ਤੇ ਹੋਰ ਇਤਹਾਸਿਕ ਸਾਖੀਆਂ ਸੁਣਦੇ ਰਹੇ। ਇਹਨਾਂ ਨਾਲ ਬੱਚਿਆਂ ਦਾ ਮਨੋਬਲ ਵਧਦਾ ਰਿਹਾ ਤੇ ਆਪਣੇ ਧਰਮ ਵਿਚ ਪਰਪੱਕ ਹੋ ਗਏ। ਸੌਣ ਤੋਂ ਪਹਿਲਾਂ ਦਾਦੀ ਜੀ ਨਾਲ ਰਹਿਰਾਸ ਤੇ ਕੀਰਤਨ ਸੋਹਿਲੇ ਦਾ ਪਾਠ ਕੀਤਾ।

ਬੁਰਜ ਵਿਚ ਖਾਣ ਲਈ ਕੁਝ ਨਾ ਦਿੱਤਾ ਗਿਆ। ਗੁਰੂ ਘਰ ਦੇ ਇਕ ਸ਼ਰਧਾਲੂ, ਬਾਬਾ ਮੋਤੀ ਰਾਮ ਮਹਿਰਾ ਜੋ ਉੱਥੇ ਕੰਮ ਕਰਦੇ ਸਨ, ਉਹਨਾਂ ਨੇ ਬੱਚਿਆਂ ਨੂੰ ਤੇ ਮਾਤਾ ਜੀ ਨੂੰ ਦੁੱਧ ਪਲਾਇਆ। ਪਤਾ ਲੱਗਣ ਤੇ ਮੋਤੀ ਰਾਮ ਤੇ ਉਸ ਦੇ ਸਾਰੇ ਪਰਿਵਾਰ ਨੂੰ ਨਵਾਬ ਦੇ ਹੁਕਮ ਨਾਲ ਕੋਹਲੂ ਵਿਚ ਪੀੜ ਦਿੱਤਾ ਗਿਆ। ਸਾਰਾ ਸਿੱਖ ਜਗਤ ਬਾਬਾ ਮੋਤੀ ਰਾਮ ਜੀ ਨੂੰ ਪਿਆਰ ਸੇਹਿਤ ਯਾਦ ਕਰਦਾ ਹੈ।

"ਧੰਨ ਮੋਤੀ ਜਿਸ ਧੰਨ ਕਮਾਇਆ ॥ ਗੁਰ ਲਾਲਾਂ ਤੋਂ ਦੁੱਧ ਪਿਆਇਆ ॥"

ਅਗਲੇ ਦਿਨ ਸਪਾਹੀ ਦੋਨੇ ਬੱਚਿਆਂ ਨੂੰ ਨਵਾਬ ਵਜ਼ੀਰ ਖਾਂ ਦੀ ਕਚੈਹਰੀ ਵਿਚ ਲੈ ਗਏ। ਬੱਚਿਆਂ ਨੇ ਬੜੀ ਨਿਰਭੈਤਾ ਨਾਲ 'ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ ਵਾਹਿਗੁਰੂ ਜੀ ਕਿ ਫਤਿਹ' ਗਜਾਈ।

ਵਜ਼ੀਰ ਖਾਂ ਨੇ ਬਾਬਾ ਜ਼ੋਰਾਵਰ ਸਿੰਘ (ਉਮਰ ੮ ਸਾਲ) ਤੇ ਬਾਬਾ ਫਤਿਹ ਸਿੰਘ (ਉਮਰ ੬ ਸਾਲ) ਨੂੰ ਇਸਲਾਮ ਧਰਮ ਅਪਨਾਉਣ ਲਈ ਕਿਹਾ ਅਤੇ ਹਰ ਤਰਾਂ ਦੇ ਲਾਲਚ ਦਿਤੇ ਗਏ ਅਤੇ ਡਰਾਇਆ ਧਮਕਾਇਆ ਭੀ ਗਿਆ। ਉਹਨਾਂ ਨਿਧੜਕ ਜੁਆਬ ਦਿੱਤਾ ਕਿ ਕੁਝ ਭੀ ਹੋਵੇ ਉਹ ਆਪਣਾ ਧਰਮ ਨਹੀਂ ਬਦਲਣਗੇ।



"ਸਿਰ ਜਾਵੇ ਤਾਂ ਜਾਵੇ, ਮੇਰਾ ਸਿੱਖੀ ਸਿਦਕ ਨਾ ਜਾਵੇ।"

ਜਦ ਨਵਾਬ ਨੇ ਕਾਜ਼ੀ ਨੂੰ ਸਜ਼ਾ ਵਾਸਤੇ ਪੁੱਛਿਆ ਤਾਂ ਉਸ ਕਿਹਾ ਕਿ ਬੱਚਿਆਂ ਨੇ ਕੋਈ ਜੁਰਮ ਨਹੀਂ ਕੀਤਾ ਤੇ ਇਹਨਾਂ ਨੂੰ ਇਸਲਾਮੀ ਕਾਨੂੰਨ ਅਨੁਸਾਰ ਕੋਈ ਸਜ਼ਾ ਨਹੀਂ ਦਿਤੀ ਜਾ ਸਕਦੀ, ਪਰ ਵਜ਼ੀਰ ਖਾਂ ਨੇ ਕਿਹਾ ਕਿ ਹਕੂਮਤ ਦੇ ਬਾਗੀ ਹਨ ਅਤੇ ਬਾਗੀਆਂ ਨੂੰ ਸਜ਼ਾ ਜ਼ਰੂਰ ਮਿਲਣੀ ਚਾਹੀਦੀ ਹੈ। ਇਸ ਤੇ ਦੀਵਾਨ ਸੁੱਚਾ ਨੰਦ ਨੇ ਭੀ ਨਵਾਬ ਦੀ ਪ੍ਰੇਰਤਾ ਕੀਤੀ ਤੇ ਕਿਹਾ ਕਿ ਸੱਪਾਂ ਦੇ ਪੁੱਤਰ ਬਚਪਨ ਤੋਂ ਹੀ ਜ਼ਹਿਰੀਲੇ ਹੁੰਦੇ ਹਨ ਤੇ ਇਹਨਾਂ ਨਾਲ ਹੁਣੇ ਹੀ ਨਜ਼ਿਠਣਾ ਚਾਹੀਦਾ ਹੈ। ਅਖੀਰ ਕਾਜ਼ੀ ਨੂੰ ਮਨਣਾ ਪਿਆ ਤੇ ਉਸ ਨੇ ਫਤਵਾ ਦਿੱਤਾ ਕਿ ਇਹਨਾਂ ਦੋਨੇ ਬੱਚਿਆਂ ਨੂੰ ਦੀਵਾਰ ਵਿਚ ਚਨਵਾ ਕੇ ਸ਼ਹੀਦ ਕੀਤਾ ਜਾਵੇ। ਨਵਾਬ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਦਿਲੀ ਤੋਂ ਦੋ ਜੱਲਾਦ ਸ਼ਿਸ਼ਾਲ ਬੇਗ ਤੇ ਵਿਸ਼ਾਲ ਬੇਗ ਮੰਗਵਾਏ ਗਏ ਕਿਉਂਕਿ ਨਵਾਬ ਦੇ ਆਪਣੇ ਜੱਲਾਦਾਂ ਨੇ ਬੱਚਿਆਂ ਨੂੰ ਮਾਰਨ ਤੋਂ ਨਾਂਹ ਕਰ ਦਿੱਤੀ ਸੀ। ਮਲੇਰ ਕੋਟਲੇ ਦੇ ਨਵਾਬ ਸ਼ੇਰ ਮੁਹੱਮਦ ਖਾਂ ਨੇ ਹਾ ਦਾ ਨਾਰਾ ਮਾਰਿਆ, ਪਰ ਕਿਸੇ ਨਾ ਸੁਣੀ ਤੇ ਦੋਹਾਂ ਬੱਚਿਆਂ ਨੂੰ ਜਿਉਂਦੇ ਜੀ ਨੀਹਾਂ ਵਿਚ ਖੜੇ ਕਰਕੇ, ਤੇ ਦੁਆਲੇ ਕੰਧ ਬਣਾ ਕੇ ਸ਼ਹੀਦ ਕਰ ਦਿੱਤਾ ਗਿਆ।

ਇਹ ਘਿਨਾਉਣਾ ਸਾਕਾ ੨੬ ਦਿਸੰਬਰ ੧੭੦੪ ਨੂੰ ਵਾਪਰਿਆ। ਜਦ ਇਹ ਖ਼ਬਰ ਮਾਤਾ ਗੁਜਰੀ ਜੀ ਨੂੰ ਠੰਡੇ ਬੁਰਜ ਵਿਚ ਮਿਲੀ ਤਾਂ ਉਹਨਾਂ ਵੀ ਆਪਣੇ ਪ੍ਰਾਣ ਤਿਆਗ ਦਿੱਤੇ, ਜਿਵੇਂ ਕਿ ਉਹ ਆਪਣੇ ਨਿੱਕੇ ਨਿੱਕੇ ਪੋਤਰਿਆਂ ਦੇ ਧਰਮ ਦੀ ਕਸਵਟੀ ਤੇ ਖਰੇ ਉਤਰਨ ਦੀ ਖ਼ਬਰ ਦੀ ਉਡੀਕ ਵਿਚ ਬੈਠੇ ਸਨ।

"ਆਜ ਖਾਲਸਾ ਖਾਸ ਭਯੇ ਹੈ ਸਤਿਗੁਰੂ ਕੇ ਦਰਬਾਰ।"

ਦੀਵਾਨ ਟੋਡਰ ਮਲ, ਇਕ ਅਮੀਰ ਵੇਉਪਾਰੀ ਤੇ ਗੁਰੂ ਦੇ ਸਿੱਖ ਨੇ ਸੋਨੇ ਦੀਆਂ ਮੋਹਰਾਂ ਵਿਛਾ ਕੇ ਜ਼ਮੀਨ ਖਰੀਦ ਕੇ ਮਾਤਾ ਜੀ ਤੇ ਦੋਹਾਂ ਬੱਚਿਆਂ ਦਾ ਅੰਤਮ ਸੰਸਕਾਰ ਕੀਤਾ।

We humans are spiritual beings, and our souls (Atmas) are part of the Divine God (Parmatma, Waheguru). The Sikh Gurus gave the Sikh sangat a Spiritual gift in the form of Gurbani (divine Word) so that the seekers of *Naam Simran* and *Gurmat Vichaar* can experience the ecstatic essence of the soul language, which can give us the spiritual treasures of the mind and soul. In order to understand the Gurbani language and to enjoy the divine experience, we need to tap our souls into reading the Gurbani with guidance, so that with the Kirpa of Waheguru we can experience with our senses the *anubhav* hidden in the Shabads.

How does experience work?

In order to reveal our imagination, perception, mind-notion and thoughts we use different methods such as hand movements, language, writing and gestures expressing intense feelings. In our world we appeal to and touch others' souls with our intense feeling, powerful words and personality that create thoughts, feelings, excitement, passion, and



sentimentality in others. These feelings give rise to the five thieves - lust, anger, greed, attachment and ego - which in return are felt in sentimentality and in hidden imaginations that affect our mind power.

When these thoughts and feelings of sentimentality, imagination and excitement get the power of divine light we call this Spiritual wisdom, the divine experience (*anubhav*) by the seeker of Naam simran and Gurbani gyan.

For example, Sunlight spreads everywhere from the Sun all the time. Similarly, there is divine light from our creator, omnipresent Waheguru, emitting and spreading everywhere in the Universe. From this divine light the Naam seeker gets the spiritual wisdom experience. When this spiritual light or spiritual wisdom is experienced by Gurus, Bhagats and Saints in this world, they reveal this experience through language. It is called Guru Bani, Bhagat Bani, Sant Bachan, Atmak Teaching, Guru's Vision, Amrit Bani, *Dhur ki Bani* (unalterable verses) and many more names.

How Gurbani Experience leads to Spiritual Realisation

When any thought comes out of our mind it has the essence of our consciousness as well as personality. With repetition of materialistic thoughts, the mind becomes very powerful in the material world; this experience of mind power can also help in the acquisition of spiritual wisdom, however the materialistic thought and mind power cannot reach or affect the experience in the spiritual realm.

In the spiritual realm one can experience divinity and acquire spiritual wisdom but only by the Divine Will. This is where, with the practice of Naam simran, the Guru bani seeker's thoughts get in tune with the frequency of the divine light that is pervading everywhere. His thoughts, gestures, language, sentimentality and writing get the colours of spiritual wisdom and the divine experience.

Like in every ray of the Sun there are all the rest of its experiences, heat, light, life force and intensity present, in the same way from the spiritual divine realm there is divine spiritual wisdom pervading everywhere for us to experience divinity and His creative power. This is why in the teachings and creativity of the *gurus, maha purakhs* and *avtaars* there is sentimentality, divine experience, spiritual wisdom and truth hidden in abundance, but it is not in the reach of ordinary mortals.

Gurbani is not just a language in words for the mind to understand but it has hidden realms for the soul to experience, such as *sach khand, har ka dhaam, nij ghar, sant mandel, elahee mandel* experiences. This Sat Guru Bani is forever present in Naam-shabads like amrit, unstruck melody and personal hidden spiritual experiences. It came from the soul realm experiences of our Sikh Gurus which was given to the sangat, in the form of Gurbani in the Sri Guru Granth Sahib, that is verbalised in shabads. These shabads (divine Word) or Gurbani are the language of the soul and spirit which is experienced by the Sikh-seeker as gyan, amrit, soul love and divine Will.

Gurbani is beyond maya (material); it can lead the gurmukh to the divine unstruck melody that is resonating as Naam (Word) in the whole Universe. This is why we call this *Dhur ki Bani*, the divine light for the inner eye and soul to experience.

In Sri Guru Granth Sahib Ang 67 mahla 3, Guru Amar Das ji says:

ਗੁਰਬਾਣੀ ਇਸੁ ਜਗ ਮਹਿ ਚਾਨਣੁ ਕਰਮਿ ਵਸੈ ਮਨਿ ਆਏ ॥੧॥

Gurbani is the Light to illuminate this world; by His Grace, it abides within the mind.

We Sikhs are most fortunate that our beloved Gurus gave us Gurbani in the popular Gurmukhi language. Our Satgurus with great blessings have shown us the light to the divine abode in Sri Guru Granth Sahib ji, our Living Guru, filled with Divine spiritual soul love. These two verses say this on Ang 627 Mahla 5, Guru Arjun Dev Ji:

ਧੁਰ ਕੀ ਬਾਣੀ ਆਈ ॥

From the primal One, has emanated the Gurbani,

ਤਿਨਿ ਸਗਲੀ ਚਿੰਤ ਮਿਟਾਈ ॥

and it has effaced all the anxiety.

ਪਰਮੇਸਰਿ ਦਿਤਾ ਬੰਨਾ ॥

The Supreme Lord has given me His support.



Introducing Mindfulness

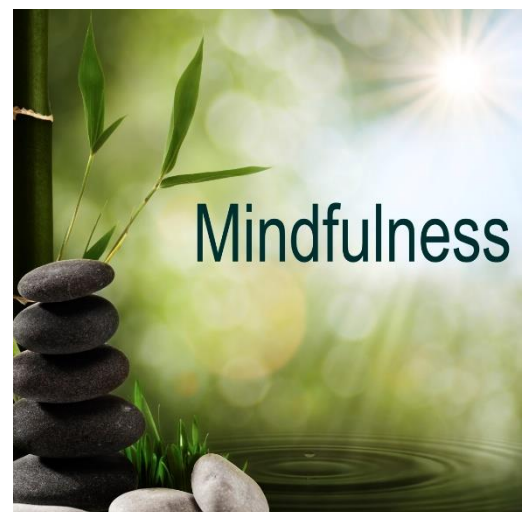
PART V

Manpreet Kaur

1. What are the physical health benefits of mindfulness?

Mindfulness provides you with the ability to scan your inner landscape, thus you are able to gauge early if something is not right. You will never end up with a chronic illness without realising for years and months if you are practicing mindfulness. The best thing is, you can practice mindfulness while doing your regular exercise and get your body and mind fit at the same time.

When we meditate on Waheguru's naam, it brings awareness and vigilance. A few people find their minds turn inwards with ease and settle naturally into stillness, but the vast majority of us need to employ techniques to help quieten our minds and achieve that meditative state of tranquillity and stillness. As this state becomes more familiar, it also becomes easier to attain.



The process of self-healing is the privilege of every being. Self-healing is not a miracle, nor is self-healing a dramatization of the personality as though you could do something

superior. Self-healing is a genuine process of the relationship between the physical and the infinite power of the soul. It is a contract, a union. It is activated when we do naam simran and persevere.

ਅਉਖਧ ਮੰਤ੍ਰ ਮੂਲੁ ਮਨ ਏਕੈ ਜੇ ਕਰਿ ਦ੍ਰਿੜੁ ਚਿਤੁ ਕੀਜੈ ਰੇ॥ SGSS Ang 156

There is only one remedy and mantra to eradicate all the diseases (mind or body), to constantly meditate on Waheguru's naam.

2. What is your understanding of the difference between mindfulness and concentration?

Concentration consists of forcing the mind to remain on one static point.

Mindfulness picks the objects of attention, and notices when the attention has gone astray. It then gently guides it back to the object of attention.

My 11 year old son sits in front of "his device", completely focused on the game for hours on end. While he is certainly very concentrated, I'd suggest that he's not being very mindful, as he doesn't appear to have any awareness of his body, his inner experience or of what's going on around him. So, in itself concentration is not necessarily a positive state of mind while mindfulness is.

Concentration always needs a target. When we concentrate on Waheguru's naam, it brings bounty of happiness and peace, while concentration itself does not produce any fruit if unguided. Gurbani urges us to concentrate on Waheguru's naam so we can lose all our bodily and mental diseases.

ਜਿਨਾ ਇਕ ਮਨਿ ਇਕ ਚਿਤਿ ਧਿਆਇਆ ਸਤਿਗੁਰ ਸਉ ਚਿਤੁ ਲਾਇ ॥ ਤਿਨ ਕੀ ਦੁਖ ਭੁਖ ਹਉਮੈ ਵਡਾ ਰੋਗੁ
ਗਇਆ ਨਿਰਦੋਖ ਭਏ ਲਿਵ ਲਾਇ ॥ SGSS Ang 1423

One who takes Waheguru's naam with full concentration, finds eternal bliss, and loses the hunger for worldly treasures and the biggest disease of ego. They become pure without any faults.

3. How can mindfulness guided with Gurbani help to grow in the leadership area?

Without mindfulness guided by Gurbani our thinking becomes narrow and rigid and we begin to think that anyone different from us is the enemy. It is said that, business decisions should not be guided with emotions but sensibility.

Mindfulness and understanding of Gurbani create enhanced levels of self-awareness, attention and emotion regulation and improves their effectiveness.

ਉਪਜੈ ਸਹਜੁ ਗਿਆਨ ਮਤਿ ਜਾਰੈ ॥
ਗੁਰ ਪ੍ਰਸਾਦਿ ਅੰਤਰਿ ਲਿਵ ਲਾਰੈ ॥੩॥
ਇਤੁ ਸੰਗਤਿ ਨਾਹੀ ਮਰਣਾ ॥

ਹੁਕਮੁ ਪਛਾਣਿ ਤਾ ਖਸਮੈ ਮਿਲਣਾ ॥੧॥ ਰਹਾਉ ਦੂਜਾ ॥ *SGSS Ang 92*

These principles should be practiced in every organisation including our gurudwaras and keep an open mind and think about the end result of getting everyone together instead of segregating the congregation based on various criteria.

In acting in the present moment and following gurbani leaders foster a culture that enhances consistent performance and attains organizational outcomes.

Mindfulness and Gurbani teach us how to respond to stress with awareness of what is happening in the present moment, rather than simply acting instinctively, unaware of what emotions or motives may be driving that decision.



Maghar (ਮੰਘਿਰਿ in Gurbani)

Bal Bir Kaur Rehal

In the month of Maghar (16 November to 13 December) due to cold weather life slows down and we witness a dormancy in nature. Guru Nanak says this month is good as long as the virtues of inner divine light shine within. It is time to pause and enter within to hear the murmur of shabad, because the Eternal One exists within the soul, there is no separation.



On the first day of Maghar the new Nanakshai month Sangrand is celebrated by the sangat in all Gurdwaras worldwide. This is a sermon in the Bahra Maha about the new month Maghar by Guru Arjun Dev Ji, the 5th Nanak in Guru Granth Sahib on Ang 135.

ਮੰਘਿਰਿ ਮਾਹਿ ਸੋਹੰਦੀਆ ਹਰਿ ਪਿਰ ਸੰਗਿ ਬੈਠੜੀਆਹ ॥

In the month of Maghar, those who sit with their Beloved Husband Lord are beautiful.

ਤਿਨ ਕੀ ਸੇਭਾ ਕਿਆ ਗਣੀ ਜਿ ਸਾਹਿਬਿ ਮੇਲੜੀਆਹ ॥

How can their glory be measured? Their Lord and Master blends them with Himself.

ਤਨੁ ਮਨੁ ਮਉਲਿਆ ਰਾਮ ਸਿਉ ਸੰਗਿ ਸਾਧ ਸਹੇਲੜੀਆਹ

Their bodies and minds blossom forth in the Lord; they have the companionship of the Holy Saints.

ਸਾਧ ਜਨਾ ਤੇ ਬਾਹਰੀ ਸੇ ਰਹਨਿ ਇਕੇਲੜੀਆਹ ॥

Those who lack the Company of the Holy, remain all alone.

ਤਿਨ ਦੁਖੁ ਨ ਕਬਹੂ ਉਤਰੈ ਸੇ ਜਮ ਕੈ ਵਸਿ ਪੜੀਆਹ ॥

Their pain never departs, and they fall into the grip of the Messenger of Death.

ਜਿਨੀ ਰਾਵਿਆ ਪ੍ਰਭੁ ਆਪਣਾ ਸੇ ਦਿਸਨਿ ਨਿਤ ਖੜੀਆਹ ॥

Those who have ravished and enjoyed their God, are seen to be continually exalted and uplifted.

ਰਤਨ ਜਵੇਹਰ ਲਾਲ ਹਰਿ ਕੰਠਿ ਤਿਨਾ ਜੜੀਆਹ ॥

They wear the Necklace of the jewels, emeralds and rubies of the Lord's Name.

ਨਾਨਕ ਬਾਂਛੈ ਧੂੜਿ ਤਿਨ ਪ੍ਰਭੁ ਸਰਣੀ ਦਰਿ ਪੜੀਆਹ ॥

Nanak seeks the dust of the feet of those who take to the Sanctuary of the Lord's Door.

ਮੰਘਿਰਿ ਪ੍ਰਭੁ ਆਰਾਧਣਾ ਬਹੁੜਿ ਨ ਜਨਮੜੀਆਹ ॥੧੦॥

Those who worship and adore God in Maghar, do not suffer the cycle of reincarnation ever again. ||10||

Guruji says: In this month those soul-brides look beautiful whose soul and being is in the husband Lord, and Waheguru has attached them to the Shabad. It is difficult to describe how fortunate they are because they sit in the sangat of blessed congregation whose mind and soul is always happy and blissful.

On the other hand, the manmukhs are alone and suffer the pain due to karmik misfortune of non-attachment to shabad.

The soul-brides who enjoy satsang are protected and they do not suffer the pain of separation from the Lord husband. Their necks are adorned with the guru's shabads, like a necklace of jewels.

Nanak begs for the dust of the feet of those seekers who enjoy sat sangat and stay at the door of Waheguru. In the Maghar month the seekers who indulge in Naam-simran do not get into the cycle of re-incarnation.

SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £50** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

Participants must be registered on our matrimonial database to benefit from this service.

Personal and telephone enquiries are welcome as follows:

Monday – Sunday (7 Days) **10:00am – 1:00pm**

Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

The current list of our matrimonial partners appears below.

MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2916	01/07/90	BSc Maths, Chartered Accountant (ICAS)	Investment Management	5' 11"
2917	26/04/88	A Levels	Gas Service Engineer	5' 07"
2918	09/06/77	College	British Airways	6' 01"
2919	24/08/93	MSc Systems Engineering	Software Developer	5' 08"
2920	17/07/95	BA Business Studies	Customer Services	6' 03"
2921	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2923	09/10/87	B Eng (civil Engineering)	Property Developer	6' 02"
2924	02/11/74	B Eng MSC	Senior Project manager	5' 09"
2925	03/12/94	BA Econ & Politics MSC Real Estate	Corporate Investments	5' 11"
2926	30/01/94	BA Finance and CIMA	Accountant	6' 03"
2927	26/05/91	Bsc Business Studies	IT Consultant	6' 02"
2928	09/11/91	BSc Economics, Chartered Accountant	Chartered Accountant	6' 02"
2929	07/06/84	BSc, MSc Computer Sci.	Ops. Director Family business	5' 11½"
2930	01/04/91	BA Accounting & Finance, ACCA	Business Analyst	6' 01"
2931	15/08/89	BSC(hons), PGCE., NPQML	Maths Specialist Teacher	5' 10"
2932	15/11/86	MSc Information Technology, MBA	Senior Software Architect	5' 11"
2933	15/10/74	GCSE, BTEC Business & Finance	British Airways	5' 10"
2934	11/02/94	BSc(hons) Biochemistry, Dentistry	-	5' 08"
2935	17/10/91	BSc (hons)	Dentist	5' 10"
2936	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2937	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2938	26/07/90	MBBS, FRCR	Hospital Doctor-ST5 final yr	5' 10"

2939	26/08/95	BDS	Dentist-self employed	5' 9.5"
2940	29/07/94	BSc(hons), MBBS	NHS Hospital Doctor	5' 10"
2941	19/01/89	BSc Business Management	Online Sales at Sky TV	6' 00"
2942	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2943	22/01/88	MBBS, BSC(hons), FRCR	Radiology Consultant	5' 10"
2944	12/08/95	Dispensing Optician	Store Manager-Specsavers	5' 11"
2945	30/01/90	Carpentry	Property Management	5' 06"
2946	11/10/94	BSc, ACA	Chartered Accountant	5' 09"
2947	26/09/82	Accountancy	Own Business- EstateAgency	5' 11"
2948	25/02/93	BA(hons) Airline/Airport Management	Regional Education Manager	5' 11"
2949	19/05/95	MBChB	Junior Doctor	6' 00"
2950	28/08/93	MSc Quantity Surveying	Covid Trace & Track Admin.	6' 02"
2951	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2952	20/05/87	Degree Building Surveying	Senior Risk Officer	5' 09"
2953	25/04/88	M Eng Materials Sci. & Eng., ACA	Senior FinanceBusiness Partner	5' 09"
2954	16/03/86	MSc Structural engineer, B Eng(hons)	Project designer	5' 10"
2955	07/10/88	BSc Pharmacy	Own Pharmacy Business	6' 01"
2956	26/04/97	Degree Maths & Physics	Policy Advisor in Civil Service	6' 02"
2957	06/02/90	MBBS	NHS Doctor	6' 02"
2958	18/03/90	Charter Accountant	British Gas	5' 08"
2959	27/10/89	BSc Maths & Management	Accountant	5' 06"
2960	20/09/79	BSc, MSc Info. Security	Business Owner	5' 10"
2961	11/12/90	BSc(hons) Computer Science	Automation Engineer	6' 00"
2962	01/08/79	BSc IT Computer Studies	IT Engineer	5' 08"
2963	25/09/88	BA Sociology, GDL, LPC	Solicitor	5' 10"
2964	24/01/93	Degree Civil Engineering	Senior Quantity Surveyor	6' 00"
2965	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer(ARM)	5' 07"
2966	03/09/87	MSc Computer Science	End Point Clinical IT Consultant	5' 10"
2967	23/03/88	BA(hons); ACCA Chartered Accountant	Finance Project Manager	5' 09"
2968	18/09/88	MBBS	Psychiatrist (Specialist Doctor)	5' 08"
2969	09/04/96	BSc(hons), MSc(hons)	Educational Supp./Private tutor	5' 07"
2970	15/12/94	BSc(hons) Quantity Surveying	Quantity Surveyor Comm. Mngr	6' 00"
2971	27/07/88	Medical Doctor	NHS	6' 00"
2972	28/07/92	MD Master of Medicine	NHS Doctor	5' 06"
2973	28/04/93	BSc(hons) Media Studies	Intermediate Level Programme	5' 09"
2974	09/12/87	BA, ACA	Chartered Accountant	6' 02"
2975	13/03/87	BSc Finance & Accounting	Management AccountingAnalyst	6' 00"
2976	29/09/84	MBBS	GP Doctor	5' 06"
2977	26/11/82	LLB	Lawyer	5' 09"
2978	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2979	15/03/91	Degree Computer Studies	IT Analyst	5' 03"
2980	28/06/86	B Eng(hons) Electronic Engineering	Aerospace Design Engineer	5' 06"
2981	27/06/89	BA Econ & History, MA Management	Demand Planner	5' 10"
2982	06/07/93	BSc Biomedical Science	Biomedical Scientist	5' 07"
2983	28/10/95	Degree	Engineer	6' 01"
2984	10/01/92	BDS Dentist	Self Employed	6' 00"
2985	19/04/84	BA ecomonics, IMA Chartered Account	Snr Commercial Finance Anlyst.	5' 09"
2986	26/11/89	Bachelors Degree	Associate Director, Restructuring	6' 00"

2987	11/12/84	A Level, College Level	Estate Agent - Own Business	5' 11"
2988	13/01/91	MEng Chemical Engineering	Software Engineer	5' 10"
2989	21/03/93	M Pharm	Pharmaceutical Industry/NHS	6' 03"
2990	02/06/79	MBChB, General Practitioner	GP	5' 10"
2991	26/06/81	BSc Computer Info. Systems	Senior IT Consultant	5' 09"
2992	31/12/87	LLB (hons) MA Law	Corporate/Commercial Lawyer	5' 08"
2993	21/05/88	AS A Level	Senior Sales Manager	6' 00"
2994	04/02/94	BSc Sci. MSc Business Technology	Contracts Manager	6' 02"
2995	22/02/87	MBBS, BSc(hons)	Doctor	6' 00"
2996	26/09/96	graduate in Mathematics	Delivery Driver	5' 07"
2997	04/02/88	LLB(hons), LPC Law	Associate Director, Finance Bank	6' 00"
2998	30/01/92	BDS	Associate Dentist	6' 01"
2999	19/03/92	BA Economics	Management Account	6' 03"
3000	09/09/89	BSc Economics	Project Manager	5' 08"
3001	17/09/84	BSc(hons) Software Engineering	Network Engineer	5' 10"
3002	22/06/85	PhD, MSc, BSc	Associate Director	5' 09"
3003	01/04/81	BSc, MSc, MBA	Company Director	6' 04"
3004	24/10/92	BSc Computer Science	Xander	6' 00"
3005	23/03/96	BSc, MSc Clinical Neuro. Science	NHS Assistant Psychologist	5' 10"
3006	31/08/89	BDS, B Eng, MSc Dental Implant Surg.	Dental Implant Surgeon	6' 04"
3007	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
3008	22/12/94	BA(hons), ICAEW Chartered Accountant	Financial Accountant	5' 08"
3009	23/12/94	GCSE	HMI created	6' 00"
3010	20/02/93	BA(hons), CEMAP, CERER	Real estate Underwriter	6' 01"
3011	01/04/83	BTEC National Diploma-s/w prog.	NHS Clinical Systems Support	5' 07"
3012	17/02/86	BSc Geographical Information Systems	Fleet Service Clerk-Amer. Airline	5' 11"
3013	13/04/90	Degree Aerospace Engineering	Amtrek Avionics Engineer	5' 11"
3014	21/12/79	CompYIA CYSA, MTA Networking	IT Support Engineer	6' 01"
3015	04/08/90	BTEC Business, BTEC Sports Science	Civil Enforcement Officer	5' 06"
3016	23/05/95	M Pharm(hons)	Pre-Reg Pharmacist	5' 11"
3017	08/11/88	BSc Accounting & Finance	Project Manager	5' 10"
3018	14/01/91	BSc(hons), MBBS, MRCP	NHS GP	5' 08"
3019	11/06/86	BSc Computing & Management	Business Development Software	5' 08"
3020	17/12/93	A levels	-	6' 00"
3021	05/05/81	MSc IT Mgmt, BSc(hons), HND	Technical Support Analyst	6' 00"
3022	18/11/81	AVE IT Business Admin Apprenticeship	BUPA Health Service Consultant	5' 07"
3023	05/11/83	BSc MultiMedia Studies & Computing	working p/t	5' 10"
3024	09/01/85	BA(hons), FCA	Chartered Accountant	5' 09"

F E M A L E S

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9300	12/04/84	PostGraduate	Education Welfare Officer	5' 04"
9301	16/06/95	Foundation Deg. Pharmaceutical Sci.	NHS Pharmacy Technician	5' 05"
9302	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Deputy Manager Private Nursery	5' 01"
9302	14/08/75	BSc(hons), MBA, PhD	Associate Director-Gen. Med.	5' 07"
9304	16/06/96	MBBS, BSc(hons)	NHS	5' 07"

9305	04/12/86	LLB, PGCE	Teacher	5' 03"
9306	04/12/81	MSc Physics	Research Scientist	5' 09"
9307	16/09/96	Bsc Maths and Economics	Technical Business Analyst	5' 03"
9308	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9309	21/07/92	BDS	Orthodontist	5' 04"
9310	09/02/92	BSc Biomedical Science	Clinical Trials Data Manager	5' 05"
9312	28/08/92	BSc(hons),ACA Chartered Accountant	International Tax Advisor	5' 09"
9313	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9314	26/05/81	BSc,ACA(fellow)Chartered Accountant	Director of Policy	5' 04"
9315	12/06/84	BSc(hons),ACCA Chartered Account.	Senior Financial Analyst	5' 07"
9316	08/02/86	LLB, LLM	Lawyer	5' 06"
9317	05/06/96	MBBS	Junior Doctor(2nd year)	5' 08"
9318	05/09/92	BSc, MBBS	Doctor in Hospital	5' 06"
9319	05/08/95	Dentist	Dentist	5' 03"
9320	27/02/86	BSc Business Info. & Technology	Systems Analyst	5' 04"
9321	16/09/93	MBChB(hons), BSc(hons)	Doctor	5' 03"
9322	09/08/95	LLB(hons) Law	Legal Advisor, Civil Service	5' 5½"
9323	03/01/78	6 GCSE A-C	Learning Support Assistant	5' 00"
9324	29/09/92	Commercial Pilot Licence	Pilot	5' 05"
9325	03/12/93	BSc(hons), ACCA	Management Accountant	5' 07"
9326	26/07/92	Degree(hons) Economics & Finance	Senior Risk Analysis	5' 04"
9327	13/03/91	MBBS, BSc(hons)	NHS Hospital Doctor	5' 07"
9328	21/02/95	Deg. Finance/Accounting/Bus. Std.	working in Bank-Finance Dept	5' 04"
9329	03/07/93	MBBS, BMedSc	NHS Doctor	5' 06"
9330	12/11/83	Solicitor	Solicitor	5' 04"
9331	10/10/91	BSc Economics&Financa, ACCA	Accountant	5' 04"
9332	25/11/93	DDS-Dentist	self employed	5' 08"
9333	23/08/95	LPC LLM	Solicitor	5' 02"
9334	10/07/86	MA	Teacher	5' 10"
9335	20/08/94	MBBS, BSc(hons)	Doctor	5' 05"
9336	01/03/88	MBBS Doctor	GP	5' 04"
9337	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9338	18/02/77	Masters	Learning & Development HSBC	5' 06"
9339	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9340	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9341	12/03/93	BDS(hons)	Dentist	5' 02"
9342	14/02/95	BSc(hons) Maths,PGDip Education	Teacher	5' 06"
9343	08/03/80	Degree Business & Marketing	Administrator in Law firm	5' 02"
9344	26/03/91	Mc Optom	Optometrist	5' 03"
9345	27/11/81	BSc Math&Management, ACA	Director	5' 06"
9346	21/05/84	CIPD Level 5	HR Assistant	5' 06"
9347	08/08/90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9348	30/11/88	BSc(hons); MPharm,MRES Immunology	Pharmacist	5' 07"
9349	10/06/95	BSc(hons),MSc Pharmaceutical Quality	Manufacturing Investigator	5' 05"
9350	01/08/92	Master Chemical Engineering	Project Manager	5' 01"
9351	04/02/94	BSc Finance	Investment Banking	5' 08"
9352	25/10/84	LLB	Lawyer	5' 05"
9353	15/08/91	BSc(hons) Information Systems	Business Analyst	5' 05"

9354	05/06/89	BA(hons) Finance, Maths& Stats	Reach Programme Administrator	5' 10"
9355	02/10/90	BA(hons) Business Management	self employed/business owner	5' 06"
9356	06/11/88	MSc, MSc, BSc	Physician Associate/NHS Hosp.	5' 02"
9357	13/03/90	BSc Mathematics	Chartered Account/Consultant	5' 05"
9358	17/11/83	BA(hons) HRM/Marketing	Human Resources Busi. Partner	5' 04"
9359	14/03/90	LLB	Solicitor	5' 02"
9360	24/02/91	BA Business and Finance	Bank Officer	5' 04"
9361	23/05/86	BA(hons) Economics	Investment Banking Analyst	5' 06"
9362	14/01/93	BSc(hons), Maths/Business Mgmt	Tax Advisor	5' 05"
9363	02/06/95	BSc Neuroscience, MSc Mental Health	Medical Advisor Pharm. Industry	5' 00"
9364	01/04/85	Master Environmental Science	Environ.Consultant/Project Mngr	5' 05"
9365	10/07/79	BA Travel & Tourism	Talent Recruitment officer	5' 03"
9366	07/08/94	BDS, MFDS Postgrad Diploma	Dentist	5' 05"
9367	18/02/88	BA(hons), PGCE	Teacher	5' 05"
9368	21/12/82	Degree HR Employment Law	Senior Principle International	5' 05"
9369	12/11/92	BA(hons) Eng. Lit & Cretive Writing	Higher Education-CourseCo-ord	5' 03"
9370	01/11/94	BA(eng), GDL, LPC, MSc	Solicitor	5' 08"
9371	28/04/82	Masters	Local Authority Officer	5' 06"
9372	08/12/93	BSc(hons)	Optometrist	5' 06"
9373	03/09/91	BSC Economics & Management	Senior Commercial Manager	5' 07"
9374	26/01/95	LLB, BA(hons)	Senior Policy Holder	5' 02"
9375	20/02/97	LLB	Franchise Business owner	5' 05"
9376	01/09/92	BA(hons) Business Management	Civil Servant, Sen. Project Mngr	5' 07"
9377	02/02/89	BSc Economics, MSc Economics	Civil Service	5' 10"
9378	12/01/90	BA(hons), MSc Management, PGCE	Asst. Head of Year, Teacher	5' 04"
9379	19/06/84	Bsc, MSc, MBA	Management Consultant	5' 04"
9380	13/08/93	LLB Law	Solicitor	5' 00"
9381	27/07/82	Masters Business & HR	Medical Sales Representative	5' 03"
9382	02/02/92	Degree	Optometrist	5' 07"
9383	26/08/94	BA(hons) Economics, PGCE	Data Analyst	5' 04"
9384	07/08/83	A Levels (iology, Psychology, IT)	Civil Servant – Home Office	5' 07"
9385	07/01/89	MBChB, MSc, MRCS	NHS Hospital Doctor	5' 08"
9386	03/08/89	BSc Info Systems & Business Mngt.	HR Product Manager	5' 01"
9387	28/12/94	PhD	post dosctoral researcher	5' 06"
9388	27/10/95	M Pharm	Hospital Pharmacist	5' 02"
9389	21/02/86	MA, MSc. PhD	Government Research Labs.	5' 05"
9390	31/07/77	LLB(hons); PG Legal Practice	Legal Counsel	5' 04"
9391	28/05/93	LLM, Postgraduate	Solicitor	5' 06"
9392	25/01/94	Law degree solicitor	Associate	5' 02"
9393	02/02/92	degree Architecture	Senior Traffic Engineer	5' 05"
9394	25/02/91	BSc (hons), MSc, stdy. Doctorate	Trainee Counselling Psyc'gist.	5' 03"

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One Universal Creator God, Realised By the Grace of The True Guru

FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Please see updated times on Page 4.		
Legal Advice	Ground Floor New Annexe	This service has been discontinued.		
General Enquiries Office	Ground Floor Main Bldg	Please see updated times on Page 4.		
Metropolitan Police	Ground Floor Main Bldg	Suspended.		
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe			
Financial Advice & Estate Planning	Ground Floor New Annexe			
Disability Network Hounslow	Ground floor New Annexe			
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Suspended.		
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg			
Bereavement Service				
Drug & Alcohol Addiction Service				

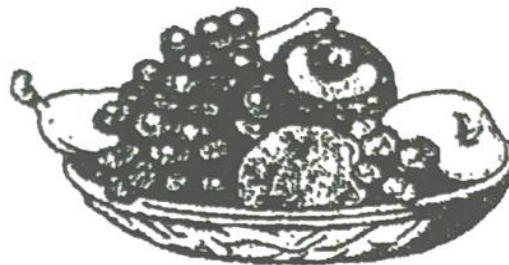
Disability Network Hounslow
Every Friday, 10:00am-3:00pm
starting **Friday 3rd Sept 2021**

Please note these regular Gurdwara Services are gradually being reintroduced, starting with the Disability Network Hounslow, on 3 September 2021.

SINGH & CO VEG FRUIT LTD



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